

Release Through Rolling & Restorative Yoga

Are you feeling depleted of energy and feeling tight and tense in your body?

Perhaps you are experiencing a lot of stress in your life and would love to take a relaxing vacation but no time or money to invest in out of town travel? Spend 3 hours on yourself and join in on this unique 'mind body balance' workshop. You will be introduced to several methods of self care including soft foam rolling to gently release body tension, various meditation techniques to center your mind, and end with restorative yoga using blankets and bolsters to experience deep relaxation.

Dates and Times: Jan. 13 2 - 5pm #217393

Feb. 17 9:30am - 12:30pm #217394

Ages: 18 years and up

Cost: \$30 Residents, \$45 Non-Residents

Instructor: Jenny Turnage



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

Thomas G Crowder Woodland Center
5611 Jaguar Park Dr
Raleigh NC 27606
919-996-3141
LJWoodlandCtr@raleighnc.gov

